

ELIZABETH SENIOR CENTER
1701 AURTHUR AVE. NASHVILLE, TN. 37208

2016 PROGRAM SCHEDULE	MONDAY 8:00am-4:30pm	TUESDAY 8:00am-4:30pm	WEDNESDAY 8:00am-4:30pm	THURSDAY 8:00am-4:30pm	FRIDAY 8:00am-4:30pm	MONTHLY SPECIAL ACTIVITIES
<p><i>Schedule "Subject to Change"</i></p> <p><u>PROGRAM COORDINATOR</u> Melissa Rucker</p> <p><u>RECREATION LEADER</u> Ron Ellis Michael Thomas</p> <p><u>NUTRITION SITE COORDINATOR</u> Brandi Mitchell</p>	TEA TIME 8:00am	TEA TIME 8:00am	TEA TIME 8:00am	TEA TIME 8:00am	TEA TIME 8:00am	HOUSE MEETING 3 RD MONDAY
	Forever Fit 9:15am-9:45am	Inspirational Time 9:30am-10:00am	Forever Fit 9:15am-9:45am	Arthritis Stretching 10:15am-10:45am	Forever Fit 9:15am-9:45am	BIRTHDAY CELEBRATIONS 4 TH FRIDAY
	Quilting 9:30am-11:00am	Computer Class Microsoft Word 11 9:30am-11:00am	CRAFT 9:30am--10:30am	Computer Class Microsoft PowerPoint 11 10:00am-11:00am	Line Dancing 10:00am-11:00am	SECOND HARVEST PRESENTATION 4 TH TUESDAY
	Drama 10:15am-11:00am	Brain Boggle 10:00am-11:00am *1 st , 3 rd & 5 th Tuesday*	BINGO 10:00am-11:00am	DRAMA 10:00am-11:00am	FITNESS FRIDAY Indoor/Outdoor Activities	MUSIC FOR SENIORS 3 RD WEDNESDAY 12:00P.M.
	Elizabeth Dancers 10:00am-11:00am	Arthritis Stretching 10:15am-10:45am	DRAMA 10:00am-11:00am			
	Lunch 11:15am-12:00pm	LUNCH 11:15am- 12:00pm	LUNCH 11:15am- 12:00pm	LUNCH 11:15am- 12:00pm	LUNCH 11:15am- 12:00pm	
	Hike with Mike 12:00pm-1:00pm	Hike with Mike 12:00pm-1:00pm	Hike with Mike 12:00pm-1:00pm	Hike With Mike 12:00pm-1:00pm	TOURNAMENT GAMES 12:00pm-2:00pm	
	Choir Practice 12:15pm-1:15pm	Into to Computers 12:30pm-2:00pm	GYM GAMES Round Robin Pool 12:00pm-2:00pm	Microsoft Word 1 12:30pm-2:00pm		
	Table Activities All Day	Table Activities All Day	Nature Nuts 12:30pm-1:30pm Table Activities All Day	Table Activities All Day	Table Activities All Day	
	Walking Program All Day	Walking Program All Day	Walking Program All Day	Walking Program All Day	Walking Program All Day	

